

Activity guidelines - riders and parents

Updated 29 June 2020

Please can all parents and riders read carefully through the guidelines below. If there is anything you do not understand or if you have an questions at all, please email chair@ppycc.org.uk

We cannot stress enough that all participants need to take personal responsibility and recognise the impact of their actions on others. If you don't think you can follow the guidelines below, then please do not take part in club activity just yet.

Also, if there are any additional measures that you think we can reasonably take to support your needs then please do contact us to discuss, as we would really love every member to have the opportunity to come back to the track as soon as possible!

The official guidance we are following can be found in ['The Way Forward' document on the British Cycling website](#). However that document is wide ranging and covers all cycling disciplines, all activity types (group rides, coached activities, etc) and all facility types (open road, trails, velodromes, etc). What we are circulating below is the British Cycling guidance specific to coached youth sessions at an outdoor velodrome environment, with additional requirements added by the PPYCC coaching team, committee/safeguarding team and our registration volunteers.

The PPYCC team are all working to make our return to the track a safe and fun experience not just for riders, but for volunteers, coaches and parents too. However, if we do identify any risks that we don't feel can be safely managed then we will postpone opening until we are happy that it is safe enough to do so.

Thank you very much to all of our club volunteers who have helped to pull together these preparations!

Session pre-registration

We will run our sessions in small groups of 5 riders per coach (as opposed to 15 riders per coach in 'normal' circumstances). Therefore rider numbers will be limited depending on weekly coach availability.

All riders need to pre-register so that we can manage numbers effectively and won't have to turn anyone away at the track, some of whom will have made a 45 minute journey to get there.

We will use Eventbrite for session pre-registration, it is really easy to use and has been used successfully by many other youth cycling clubs for this purpose.

When registering, please include a phone number for parent or guardian so that we have the latest contact details in case we need to get in touch.

There will be a website post when pre-registration is open for the next week's session. These will occur on the Sunday evening ahead of the following weekend's session, although personal commitments may mean this sometimes moves to a Saturday or Monday. The post will announce that pre-registration is open, at which point you can follow a link to Eventbrite and pre-register for the upcoming session.

Use the 'Subscribe to new posts' feature on the PPYCC website homepage to ensure you receive pre-registration announcements.

All website posts are automatically posted to our Twitter and Facebook accounts, so you can also set alerts for those if you don't want to miss it.

We are not allowing pre-registration for multiple weeks in advance, in the interests of fairness and to avoid block booking. There will be a waitlist if the current session is full and those on the waitlist will get an early booking opportunity for the following week's registration.

Sign-on procedure

Inner Ring and Outer Ring sessions will run at normal times: 09:00 to 10:30 for Inner Ring and 10:30 to 12:00 for Outer Ring. Please arrive 10 mins before the session starts.

We are operating a one-way entrance and exit system so all riders should enter the venue via the North gate (the normal signon gate) and exit via the South gate (by the containers).

Only riders should enter the track area, parents must stay outside. Andy Neale will be on the North gate letting riders into the track. If parents wish to enter to make a card payment at registration this is fine, but they must then leave immediately.

Riders should proceed straight to the registration table on the grass, where Daisy will be doing sign-on and taking payments, supported by a volunteer ensuring riders queue safely with 2m distancing.

Our volunteers will not be handling any cash. Preferred payment will be cashless using our new card reader, however we can take cash if you bring the CORRECT change to drop into the tin.

Riders will then be directed to the bike checks area, again on the grass to avoid bottlenecks at the entrance. A coach will talk each rider through their bike check, the rider will be expected to do it themselves as coaches will not be handling any bikes.

The toolkit and track pumps will be locked in the shipping containers due to restrictions on equipment sharing, so riders must ensure their bike is in good working order BEFORE setting off for the track.

Inner Ring / Outer Ring handover

Outer Ring riders should arrive 10.20 - 10.30 and follow the sign-on procedure above.

Outer Ring riders should then wait on the grass at the North side of the field as instructed by Daisy and Andy, ensuring to maintain 2m distancing at all times.

Coaches will keep the Inner Ring riders at the opposite end of the field and these riders will all exit via the South gate (by the containers).

Session exit

All riders must exit via the South gate (by the containers).

Parents and carers please wait in the grandstand area. This will avoid bottlenecks, please observe 2m distancing while waiting.

Inner Ring coaches will release riders one by one when the rider says they can see their parent/carer, all riders will be lined up safely while waiting. A bit like collecting little ones from school, but more orderly!

Please leave via the steps down to the park or around the south side of the velodrome, to avoid going back up past the entrance gate where Outer Ring riders may still be arriving. We are trying to avoid bottlenecks wherever we can foresee them!

Social distancing and hygiene

Wash hands before leaving home and on returning home, and you may also wish to bring a small hand sanitizer with you in the back pocket of your cycling jersey.

Clean your bike and bottle before and after the session

Try not to touch things while at the track, such as other peoples bikes, cricket equipment, railings, etc.

If you take off layers, don't leave them all in a big pile! Keep it separate, well away from other clothes.

Absolutely no physical contact - hugs, high fives, handshakes, etc

Do not share your belongings - mobile devices, bikes, equipment, food or drink

Riders must maintain 2m distance from each other throughout the session, please do not congregate with other riders.

Be considerate of other riders, especially younger and less experienced riders. Only pass if there is 2m of space on the outside of the rider.

Do not hold onto the railings, this has been a busy public space in the preceding days. PPYCC volunteers will be cleaning the railings in the grandstand area between the entrance and exit gates, and the gates themselves, before you arrive.

Parents and spectators

We will only be letting riders through into the track area, parents must stay outside (unless to make their card payment at the registration table).

If spectating, please maintain 2m from other spectators, we don't foresee any problems here as we are the largest track in the country with nearly 600 metres to spread out around the outside of the track!

Be mindful about holding onto the railings, or letting siblings climb on them. This has been a busy public space in the preceding days. PPYCC volunteers will be cleaning the railings in the grandstand area between the entrance and exit gates, and the gates themselves, before you arrive.

Please collect your child and leave as soon as possible at the end of the session, so that our volunteers can focus on cleaning and preparing for the next group.

Loan equipment

We will not be issuing any equipment from the containers (road bikes, track bikes, tools, pumps, etc) until further notice, so please arrive at sessions with all the equipment you require.

Don't forget your helmet! We won't be issuing any from our spares in the container.

Make sure your bike is roadworthy, in particular pump up your tyres as we won't be getting the track pump out

Outer Ring will be road bikes only until further notice to minimise risk from track bike loans and crowding around the containers.

Food and drink

Riders should bring their own food and drink to the session and must not share with other riders.

Bottles should be clearly labelled and rubbish disposed of safely, we will have a bin where you can safely deposit snack wrappers, banana skins, etc.

Fit a bottle cage to the bike if possible, this will eliminate water bottles lying around.

First aid

All PPYCC coaches are qualified first aiders and there are no changes to our normal first aid procedures other than PPE (below).

If working in close proximity, the first aider will use a surgical face mask and gloves, this is the only difference that you may see in the (rare!) occasion that we apply first aid

Changes to recommended CPR protocol during Covid do not affect children - the general recommendation is chest compressions only, however children are an exception to this policy so mouth to mouth and chest compressions are still recommended for them. Our first aid kit includes resuscitation face shields.

If you get sick

Notify chair@ppycc.org.uk ASAP if you feel unwell or develop symptoms in line with NHS guidance.